



## Clothing and Personal Equipment Packing List

Please take the time to read this *Clothing and Personal Equipment* list carefully before making decisions about what equipment you will use on your wilderness trip. Careful consideration should be given to purchases made specifically for the trip. Please do not hesitate to contact us with questions regarding any purchases.

Remember: The more you bring, the heavier your pack! In addition to the weight of your personal gear, you will have a portion of the group gear and food.

All items on this Equipment and Clothing List are required for your course except for those listed as optional.

If you are purchasing new items for your wilderness experience, we suggest that you begin by consulting Coldwater staff and looking through some of the outdoor equipment online discount warehouses (REI, Campmor, Sierra Trading Post, MEC, etc...) Websites such as [sierratradingpost.com](http://sierratradingpost.com) and [outlet.com](http://outlet.com) often have great prices, but availability may be limited. You might also check your local thrift store and your good friend's closet - borrow when possible! Your instructors will inspect all equipment you bring, even if it is new, to determine if it is suitable for your trip and the expected environmental conditions. All equipment must be approved by your instructors and must meet or exceed our requirements.

### CLOTHING:

**Note: Please do not bring any cotton products on this trip. When wet, cotton offers no insulation, draws heat away from the body, and takes a substantial time to dry. Instead, find synthetic (polypropylene, capilene, nylon, lycra...) or wool (merino is best) products. These materials dry faster, and maintain insulation when wet.**

- 3 non-cotton t-shirts
- 1 long sleeve shirt—wool or synthetic is recommended
- 1 heavy fleece jacket or wool sweater
- Ripstop durable rain gear: top and bottom (this is important)
- 1 light nylon windbreaker
- 3-4 pairs of underwear
- 1 pair long underwear
- 1 pair athletic shorts
- 1 pair long pants (synthetic blend, NO jeans)
- 1 pair of light running shoes or camp shoes
- 1 pair water shoes (old running shoes work best. Must be closed toe)
- 2-3 pairs mid-weight wool socks or poly blend
- 2 pairs light liner socks
- Swim suit (one piece only)
- Towel
- Bandana (cotton is okay)
- 1 winter hat
- 1 baseball hat

**TOILETRIES:**

Toothpaste	Sunscreen
Toothbrush/floss	Lip balm
Insect repellent (no aerosol cans)	Soap and facecloth
Handiwipes	Feminine hygiene items

**Other items to bring:**

Spiral notebook/journal	Money (for food during travel)
Bible (preferably small)	Durable spoon
Pen/pencil	Plastic Travel mug (for hot drinks)
*Digital Camera (batteries)	Several ziplock bags (1 gal and quart)
Nalgene 32oz water bottle	Large plastic garbage bag
Headlamp (extra batteries)	Small pocket knife (with folding blade)
Sunglasses (critical)	Moleskin (blister protection for feet)
**Sleeping Bag	

\*Plan to use a camera other than your cell-phone in the backcountry. All cell-phones will be left behind at basecamp.

\*\*Your mummy-style sleeping bag should have a temperature rating of at least 15 degrees Fahrenheit, and have a full surround drawstring hood. Synthetic bags are preferable to down considering possible wet conditions. If you have trouble acquiring a suitable sleeping bag please contact us: [kevin@coldwaterfoundation.org](mailto:kevin@coldwaterfoundation.org)

\*\*\*All of your personal clothing and equipment will fit into the pack issued to you. You will also be issued group gear to pack in with your personal gear. Please avoid bringing more than what is on this list.

\*\*\* Please also bring one small bag that includes your clothes for before and after your wilderness trip.